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ACTOR DILLON CASEY GIVES YOU A GLIMPSE INTO HIS WORKOUT ROUTINE, AND OFFERS A WARNING TO THE MUSCULAR SCHWARZENEGGER TYPES **PAGE 17**

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LIVE FROM SPACE!

Students at Bert Church High School in Airdrie speak live with astronaut Chris Hadfield on Monday from his post at the International Space Station. Story, page 5. KATIE TURNER/METRO

Soccer scoring debate kicks into high gear

Policy. Provincial body now says it will consult with members before removing standings



JEREMY NOLAIS

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Opinions rolled in from all corners of the pitch Monday over a soccer policy being revisited that would effectively remove winning and losing from the game for younger athletes.

But Lindsay-Anne Freire, a spokesperson for the Alberta Soccer Association, said the group would only make such a move for athletes younger than 12 after consulting with members — this despite the group's top technical director saying on Sunday it was

only a matter of time before standings and provincial tournaments were put to the wayside in favour of better skill development.

"I think we will do it, it's just a matter of when we'll do it," Shaun Lowther said at the time, adding many other provinces are exploring or implementing similar policies under the guidance of the Canada Soccer Association.

Freire confirmed Monday no scores would be formally recorded if the policy — one already explored by the ASA a few years ago — went ahead.

It didn't take long for talk about the policy to circle around soccer communities.

Shaun Saiko, a midfielder and leading scorer for FC Edmonton of the North American Soccer League the past two seasons, said he worries some kids would be turned

away from the game if there was less emphasis on competition.

"They may only be 12 years old but they still know what winning and losing is," said Saiko, who was born in Edmonton and honed his soccer skills there. "They want to feel like their goals are important ... now they won't have that chance."

But Tino Fusco, head coach of the women's soccer team at Mount Royal University, said he thinks the policy is a step in the right direction.

"They (coaches) feel they need to bring the adult game down to kids — it creates a winning and losing culture — I think what that does is hinder development," he said.

"It puts a lot of the best players on a few teams as opposed to spreading them out and everyone gets to develop."

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3 suspects charged

Weapons, armour found at scene of arrest

Body armour, an assault rifle and two stolen handguns were found at a home where Calgary police arrested a long-sought suspect last week.

On Thursday, tactical officers took 24-year-old Michael George Delday into custody at a home in the 4400 block of 4th Street S.W. A second man, 20-year-old Kai Errol Horst Keller, was also arrested outside the home and a third person, 22-year-old Emily Yunen Yen Fu, was arrested on Friday.

"My concern is that the weapons that were found in the residence were loaded," acting Insp. Rick Tuza said, as police on Monday released more details about the arrests.

Delday had been sought by police in connection with a violent home invasion in southeast Calgary last May that saw a resident assaulted and a basement ransacked.

Police executed a search warrant on the southwest home on Thursday after receiving a tip about Delday's whereabouts, Tuza said.

"I think it speaks highly of the investigative effort we go to to catch people," Tuza said.

All three suspects were charged with several weapons-related offences as well as possession of body armour without a valid permit.

Delday will also answer to charges of break and enter, criminal harassment, assault and uttering threats. He is known to the police gang enforcement unit. **JEREMY NOLAIS/METRO**



Transit director Doug Morgan and Mayor Naheed Nenshi take a look behind the wheel of one of the city's two new natural-gas buses. **ROBSON FLETCHER/METRO**

Natural gas buses to be first of hundreds

Quiet ride. City says new buses are 10 times quieter than current diesel engines



ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary Transit will introduce two natural-gas-powered buses into regular service on Tuesday, the first of what the city expects to be hundreds more to come.

"They're cleaner, they're quieter, they're more economical," Mayor Naheed Nenshi said of the new vehicles,

as compared to traditional diesel-fuelled buses.

Also on Tuesday, the city's priorities and finance committee will vote on a preliminary plan to build a new maintenance and storage centre for natural-gas buses that could house up to 400 of the vehicles, at a ballpark cost of \$200 million.

The city is looking at a private-public partnership for that project and Nenshi said the goal is to offset some of the city's portion of the price tag with operating savings from the new buses.

Natural-gas buses cost about \$40,000 (roughly 10 per cent) more to purchase than their diesel counterparts, said

transit fleet manager Russell Davies, but the city anticipates about \$11,000 in annual fuel-cost savings per bus.

The buses' anticipated lifetime is roughly 20 years, Davies added.

Manitoba-based New Flyer produced these first two buses for Calgary, and the city plans to add two more from Quebec-based Nova Industries in May.

The four buses will be tested for at least a year as part of a pilot project to evaluate their functionality in Calgary, including its climate and altitude.

"I'm really looking forward to this trial and determining just how well these things

\$28M in diesel fuel

- Calgary Transit expects its 1,100 current buses to burn 28 million litres of diesel fuel in 2013 at a cost of \$28 million.
- The bus fleet is expected to double within 30 years, according to city projections.

work and the pace at which we can incorporate them into our fleet," Nenshi said.

Edmonton is working on a similar pilot project and the two cities will share data, Davies said.

1 NEWS



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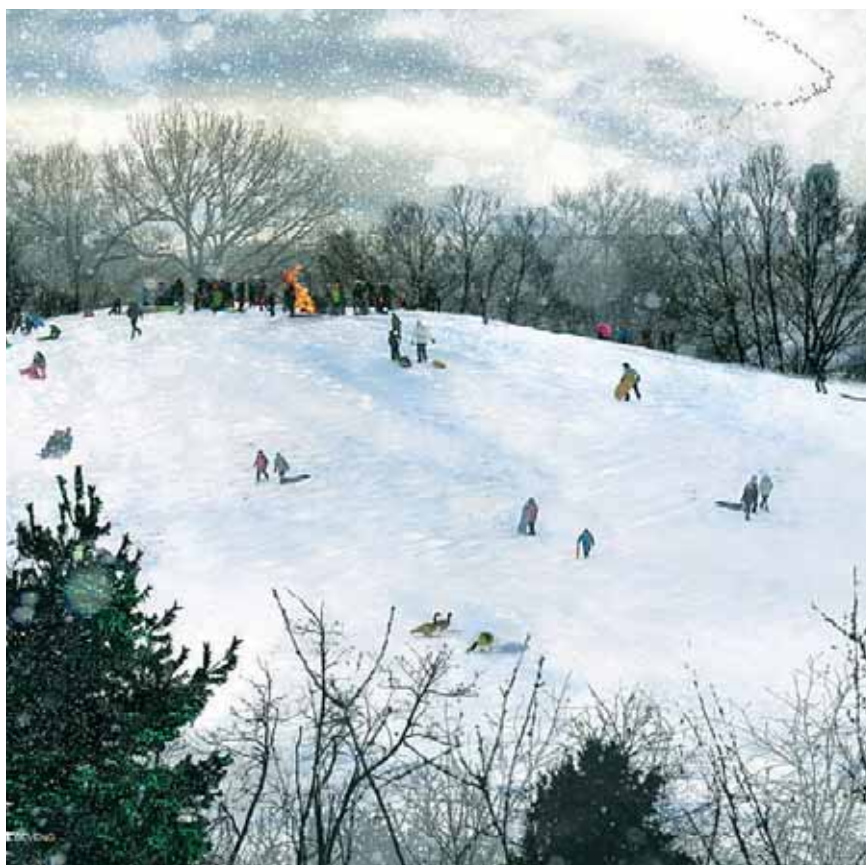
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An artist's rendering of "The Rise," a tobogganing hill planned for the St. Patrick's Island redevelopment project.
CONTRIBUTED/CALGARY MUNICIPAL LAND CORPORATION

St. Patrick's Island being turned into lush park oasis

All-season recreation.

Project aimed at restoring island's 'natural processes'

St. Patrick's Island will close to the public on March 18 for a massive redevelopment that will see the dilapidated space transformed into an urban park with a wading area, tobogganing hill, amphitheatre and much more.

The project will "breathe new life into this space" and turn the 12.5-hectare island in the Bow River near the Calgary Zoo into "an all-season destination," said Michael Brown, president of the Calgary Municipal Land Corporation, which unveiled detailed plans on Monday.

Island bridge

- The \$20-million redevelopment is in addition to the \$25-million construction of St. Patrick's Island Bridge, currently underway.
- The bridge will provide pedestrian access south to East Village and north to Bridgeland.
- The bridge is expected to open by the end of the year.
- The urban park is projected to open sometime between October 2014 and March 2015.

Ald. Druh Farrell said the project will beautify the run-

down island and provide recreation for people living both in the immediate area and all throughout Calgary.

"It's really a once-in-a-lifetime opportunity," she said.

New York-based W Architecture and Denver-based Civitas have been hired to complete the work on the urban park.

The goal is to create a "park oasis — a beautiful natural and wild space," said Barbara Wilks, founder of W Architecture.

"At one point, the island was actually three islands. There was a breach where the water would come across every year and there were wetlands," Wilks said. "So our objective was to reveal and restore the natural processes that made the island and offer a set of experiences which vary, literally, every day of the year."

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ELL funding change may hit city schools hard

Education. Students learning English as second language will now be funded for only five years

Calgary school trustees are worried that students learning English as a second language could suffer as a result of funding cuts outlined in the newly released provincial budget.

English Language Learners (ELL) funding will now only be provided to students for their first five years in the Alberta school system, down from seven years previously.

"We had to look everywhere we could to try and trim programs where we could so that we could fund enrolment," Kim Capstick, press secretary for Education Minister Jeff Johnson, said on Monday, days after the province released its budget under the ominous cloud of a

\$6-billion shortfall.

But Calgary mother Hina Rauf worries that five years won't be enough for some kids to acclimatize to life in Canada.

"Everything is completely different — the education system," said Rauf, who moved from Dubai to Calgary seven years ago and has three elementary-school-aged kids in the ELL program. "The way you raise your child. It can be very challenging, especially for children."

Calgary Board of Education trustee chair Pat Cochrane said the change is of particular concern locally, given that roughly half of all ELL students in Alberta attend Calgary public schools.

"Our English-language-learning kids come to us from all over the world and very different circumstances," she said. "Our job is to support them to become really productive citizens."

JEREMY NOLAIS/METRO



CBE trustee chair Pat Cochrane is worried about the possible impact of cuts to English Language Learners funding on more than 26,000 students attending Calgary public schools. METRO FILE

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Astronaut Chris Hadfield streams into Airdrie's Bert Church High

Students at an Airdrie high school had an out-of-this-world experience on Monday as they video-chatted with Canadian astronaut Chris Hadfield live from outer space.

Hadfield, who is stationed at the International Space Station, spoke to about 1,000 students at Bert Church High School. They asked him questions about life in space.

Plenty of giggles and applause filled the audience as

Hadfield flipped through the air and let his microphone float weightlessly in front of him as he spoke. "Being weightless is just so much fun," he said. "You can just float and turn and tumble, do a thousand somersaults. You can do an interview with students in Airdrie, Alta., sideways if you want."

Along with the video chat, Grade 9 students in 300 classrooms across the country have been conducting a simultan-

eous experiment with Hadfield as part of Let's Talk Science.

The students have been measuring the radiation in their classrooms, and comparing data collected by Hadfield in space, where radiation is much stronger.

"I think it's really cool that we get to do this whole experiment with him, alongside him," said student Miranda Schmidt. "I think it's really exciting." KATIE TURNER/METRO

Provincial budget

Funding for Calgary policing 'not yet decided'

Mayor Naheed Nenshi said his concern over provincial funding for Calgary police operations has been allayed, somewhat, but not completely.

After the release of the 2013 Alberta Budget on Thursday, Nenshi did some quick math and figured the province would be sending \$5

million less Calgary's way for policing.

But Nenshi said Monday he later spoke with solicitor general Jonathan Denis, who told him the final amount of the operating grant to Calgary police has not yet been decided. ROBSON FLETCHER/METRO

Applewood Park

Police investigate infant death

Police continue to investigate the death of a two-month-

old girl in the community of Applewood Park.

EMS spokesperson Steve Grant said responders arrived at a home Monday afternoon and found the infant unresponsive. She was pronounced dead upon arrival at the hospital.

Duty Insp. Rick Tuza said it's far too early to determine if the death is criminal in nature. "These things take time. As a police service, we get involved in all sudden death investigations that happen outside the hospital."

KATIE TURNER/METRO

Saint Basil. Teacher charged with sexually assaulting a 15-year-old

The Edmonton Catholic School Board has launched an internal investigation after a 27-year-old teacher from Saint Basil Catholic School allegedly had a sexual relationship with a 15-year-old student.

Piotr Zaloba has been charged with a number of offences, including sexual assault, invitation to sexual touching and luring a child.

Fiscal fight

Debt to take rest of century to pay off, Wildrose says

Alberta's official Opposition says Premier Alison Redford is on track to run up a provincial debt that will take 85 years to pay off.

Wildrose Leader Danielle Smith says Redford's government has released

Fast action

Once the district received information from the Edmonton Police, Zaloba was suspended, said ECSB superintendent Joan Carr.

Zaloba was on a temporary contract at the school.

ANNALISE KLINGBEIL/METRO

few details on how it plans to pay back the \$17 billion it will borrow over the next three years for infrastructure.

Smith noted that the budget tabled last week promises a \$40-million payment this year escalating to \$205 million by 2016.

Redford said the answer will come in a year with new roads, schools, hospitals, family-care clinics and irrigation systems.

THE CANADIAN PRESS

Pilot project to offer city services à la carte

Community. Kingsland residents raised more than \$25,000 to put toward local projects



**ROBSON
FLETCHER**
robson.fletcher@metronews.ca

Calgary aldermen will vote Tuesday on a new initiative that would allow residents of a southwest neighbourhood to pick and choose how they spend more than \$200,000 in city money on local revitalization projects.

"The innovation in it is how different city departments work together to deliver these types of small things in the community," said Ald. Brian Pincott, who sponsored a request under the Council Innovation Fund for the pilot.

Pincott said city staff members did "walkabouts" in Kingsland with community

members to see what types of projects were needed.

Residents were then given a list of dozens of potential projects, along with rough cost estimates, and through an online system selected their top priorities.

Pierre Gosselin, past president of the Kingsland Community Association (KCA), said the result has been a "happy marriage" between decision-making at city hall and at the local level.

"This allows us to be able to voice those concerns and to identify those needs," he said.

One of the major needs identified was maintenance on a network of pathways in the community. Others included fence repair, repainting in various areas and the installation of outdoor exercise equipment.

Pending full council approval, all of the projects are to be completed this summer, and the city is to review the pilot project in late 2013.



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Shooting death. Oscar Pistorius in mourning, but not suicidal: Family

Olympic athlete Oscar Pistorius, charged with the Valentine's Day murder of his girlfriend, is not suicidal, his family announced on Monday.

Pistorius "is in deep mourning but despite the tragic circumstances he is certainly not suicidal," said a statement issued by Pistorius' uncle, Arnold Pistorius. He said Pistorius has support from his family.

The family's denial comes after reports that Pistorius was distraught and contemplating taking his life. Reports



Oscar Pistorius THE ASSOCIATED PRESS FILE

also said that Pistorius is facing financial ruin over the upcoming murder trial.

THE ASSOCIATED PRESS

Safety concerns

Mexican paper to stop covering drug-cartel-related news

A newspaper in the northern Mexico border state of Coahuila announced Monday it will no longer cover stories about drug cartels, citing

safety concerns.

The newspaper Zocalo publishes in the Coahuila state capital, Saltillo.

In a front-page editorial posted on its website, the paper said the decision "is based on our responsibility to watch out for the safety and security of over 1,000 workers, their families and our own." THE ASSOCIATED PRESS

Death of gang-rape suspect sparks criticism of India jail



The mother of Ram Singh, the man accused of driving the bus on which a 23-year-old student was gang-raped in December, cries as she speaks to journalists in New Delhi on Monday. Indian police confirmed that Singh committed suicide in jail, but his lawyer and family insist he was killed. MANISH SWARUP/THE ASSOCIATED PRESS

Alleged suicide.

Lawyer claims his client was under 'no mental stress' at the time

Whether he was killed or committed suicide, the jailhouse death on Monday of a man on trial for the gang rape and fatal beating of a woman on a New Delhi bus has triggered shock at the enormous security failure at one of India's best-known prisons.

Authorities said Ram Singh, who was accused of driving the bus during the December attack, was in a cell with three other inmates at Tihar Jail in New Delhi when he hanged himself, either with his own clothes or a bedsheet, at about 5:30 a.m.

"This is suicide," Home Minister Sushilkumar Shinde said. But Singh's family and lawyer alleged foul play.

"There were no circum-

Prison deaths

In 2011, 68 inmates in India killed themselves and another eight were killed by fellow inmates, according to India's National Crime Records Bureau.

stances which could have led to Ram Singh committing suicide. There was no mental stress. He was very happy (about the trial's course)," his lawyer V.K. Anand said.

Singh, 33, had been among five defendants facing the death penalty if convicted of the rape attack, which horrified Indians and set off national protests. A sixth accused is being tried and jailed separately because he is a juvenile.

Singh's death in custody raised further questions about a criminal justice system already under attack for failing to protect the nation's women.

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Lawyers want closed Magnotta hearing

Accused of murder and dismembering. Counsel says letting public stay may prevent a fair trial

Lawyers for the man accused of murdering a Chinese student and dismembering his body want the media and public barred from his preliminary hearing.

The evidence presented Monday supporting the motion by lawyers for Luka Rocco Magnotta is subject to a publication ban.

Magnotta's legal team, led by Toronto-based lawyer Luc Leclair, argue the only people who should be allowed to remain in the courtroom are the prosecutors, the judge and a court clerk.

They say it's necessary to guarantee a fair trial.

Magnotta has pleaded not guilty to a charge of first-degree murder in the slaying of Jun Lin last May. The preliminary hearing will determine whether there is enough evidence to send him to trial.

A handful of journalists were able to cram into a



Daran Lin, father of murder victim Jun Lin, leaves court in Montreal on Monday. RYAN REMIOWZ/THE CANADIAN PRESS

high-security room, with as many as 30 people in a spill-over room in another part of the courthouse. Some media members lined up before the crack of dawn to get inside.

Those present at the court-

house included Daran Lin, the victim's father, who travelled from China.

A lawyer representing Lin's parents said he supports the media's fight to keep the hearing open.

Mark Bantey, a lawyer representing several media organizations, said the automatic publication ban that comes with a preliminary hearing "covers all the evidence (and) is more than suf-

ficient to protect the rights of the accused to a fair trial."

Quebec court Judge Lori-Renee Weitzman is expected to rule on the matter Tuesday morning.

THE CANADIAN PRESS

Chase 'em down

Citizen's arrest now more flexible

New powers of citizen's arrest came into force Monday that give people more leeway. The law no longer requires a person to catch a suspect red-handed, but merely nab them within a reasonable amount of time.

THE CANADIAN PRESS

Filed as non-resident

Conrad Black denies owing tax on \$5 million

Conrad Black is locking horns with the Canada Revenue Agency over taxes from 2002 that may see him paying taxes on more than \$5 million in income and benefits.

The agency alleges Black held Canadian residency at this time and must pay taxes. At the time, he filed as a U.K. resident, which his lawyers hold is true.

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Stephen Colbert (character)

Interest

The Rev. Sir Doctor Sen. Stephen T. Mos Def Colbert, D.F.A., Heavyweight Champion of the World**, Ph.D is the persona of political satirist Stephen Colbert, as portrayed on Comedy Central's *The Colbert Report*. Described as a "well-intentioned, poorly informed high-status idiot" and a "self-important right-wing commenta..."

Continue Reading

From Wikipedia, the free encyclopedia - Edit on Wikipedia

Like

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464 people are talking

Analyzing Facebook "likes" is one way to assess a person's IQ, political leanings and lifestyle. A study has found that one of the predictors of high intelligence is liking *The Colbert Report*. FACEBOOK.COM

Give your IQ level the Colbert bump

By liking him on Facebook. Study says intelligence can be measured by our 'likes'

Liking curly fries and Stephen Colbert is a smart thing to do.

So smart that a computer crunching millions of Facebook "likes," independent of the information in your profile, can figure out all kinds of personal and often private details of your

life, including your IQ.

The study by Michal Kosinski and David Stillwell of the Psychometrics Centre at the University of Cambridge could accurately predict, with varying degrees of success, whether someone used drugs, smoked, had divorced parents and leaned liberal or conservative.

"The best predictors of high intelligence include 'thunderstorms,' 'The Colbert Report,' 'science' and 'curly fries,'" the study said.

"To be honest, we were

mind blown when we saw the results for the first time," Kosinski told *Torstar News Service*.

"We could predict so many things with so much accuracy. To be able to predict someone's IQ or personality or whether their parents were divorced was very surprising, even to me."

The study took the Facebook "likes," which stay embedded in a social network page, of 60,000 volunteers in the United States.

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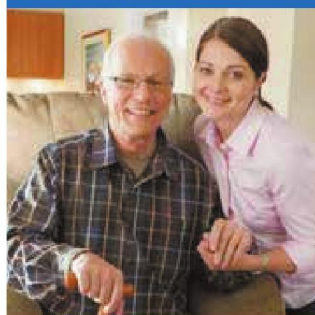
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New York City

Judge strikes down sugary-drink rule

New York City's ground-breaking limit on the size of sugar-laden drinks has been struck down by a judge who said loopholes "effectively defeat the stated purpose" of the rule. The restriction, which was to start Tuesday, prohibits selling non-diet soda and some other sugary beverages in containers bigger than 16 ounces. It did not apply to supermarkets or convenience stores.

THE ASSOCIATED PRESS

Market Minute

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House prices to stay flat for 10 years: TD

Real estate. Following decade of strong gains, report says it's time for a bit of payback

Canada's real estate bonanza of the past decade has come to an end and the long-term trend as one of the most profitable places to invest is also not encouraging, a new research paper from TD Bank argues.

The "special report" from one of Canada's largest banks makes the case that gains in housing prices have been exceptionally strong over the last 10 years, even when accounting for a sharp drop during the 2008-09 recession. But now is the time for a bit of a payback.

The report does not predict a collapse in house prices as some analysts have suggested. In fact, it sees prices rebounding after a few years of a correction to as high as eight per cent.

However, the longer term trend is for home price gains



A new report from TD Bank predicts that the longer-term trend is for house prices to gain an average of about two per cent over the next 10 years, which is flat once inflation is taken into account. JUSTIN SULLIVAN/GETTY IMAGES

to average about two per cent over the next 10 years — flat once inflation is taken into account, says TD chief economist Craig Alexander.

"I do not think we have a housing bubble in Canada," said Alexander. "We have had

abnormal strength in the market during a period of low interest rates and when rates go up over the next three years, you will get a cooling and weaker prices, but not a permanent shock and not a sharp correction." THE CANADIAN PRESS

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FACE IT: YOU LOVE YOURSELF

Ever wonder why some couples click, while others malfunction like an old Xbox 360?

The answer might be staring you in the face.

We're hardwired to seek out people whose features resemble our own, thanks to the part of our brain — the fusiform gyrus region, to be precise — devoted to facial recognition. We're put at ease by familiarity and inclined to trust someone with a face that reminds us of our own, so says Christina Bloom, founder of findyourfacemate.com, a dating site that pairs singles based on facial-recognition technology.

There's a certain kind of vain gratification that comes from looking at yourself in the mirror, so it's not that hard to believe that we'd want to replicate that pleasure when gazing at the person lying next to us in bed. We've all seen those doppelgänger couples whose resemblance is so uncanny they could be mistaken for brother



SHE SAYS
Jessica Napier
metronews.ca

and sister. And while the desire to partner up with someone who looks just like us might seem completely narcissistic, there are actually subconscious biological drives at work.

Bloom says there are a few competing scientific theories that explain why we're attracted to people who look like us. "Some theories relate to imprinting, some to trust and others to narcissism," says Bloom. "Scientists don't agree on exactly why it works, we only know for sure that it does."

Launched in 2011, Bloom's dating site is based on studies of positive assortative mating. Researchers took physical measurements of married couples — including cranial and facial features — and found significant correlations in more than half of the numbers.

The site uses a unique algorithm to analyze 67 different facial points and match up would-be couples.

"It is a very nuanced matrix with a primary focus on the

outline of the face and the placement of features," says Bloom. It's not necessarily the size of your nose or the colour of your eyes that matters but how those facial features are arranged and overall face shape.

So what about those people who have a negative self-image? If someone thinks of themselves as unattractive, would they still be likely to fall for someone with similar facial features? Surprisingly, yes, they would.

"It's an unconscious phenomenon; it has nothing to do with how we feel about ourselves," says Bloom. "I have men tell me all the time that their partners are so much more attractive than they are (but) when I see them together, it's obvious how similar their facial features are."

At last, dating someone for their looks is no longer considered shallow, it's science.

We are innately narcissistic beings — wielding a subconscious tape measure to see if the length of a potential suitor's face measures up to our own.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Only One Direction to wax museum



MADAME TUSSAUDS/THE ASSOCIATED PRESS

Immortalizing a stylish boy band

Fans of Harry Styles and his bandmates at One Direction need not worry.

This scary-looking procedure was just to prepare models of the boys at the famous Madame Tussauds waxwork museum in London,

England. Hundreds of precise measurements of the stars were taken over a four-month process, with the figurines to be unveiled in April.

Since 1835, Madame Tussauds has immortalized some of the world's biggest names, such as Queen Elizabeth II, who is now on her 23rd model. **METRO WORLD NEWS**

Whole ball of wax

"We've been to Madame Tussauds and seen the kind of people who are in there. It's crazy to think that we will be up there with them."

Harry Styles, 19, singer in One Direction

Whole lotta dough

\$200,000

The cost of each wax model of the five band members. The boys are being produced by renowned sculptor Stephen Mansfield. They will be wearing "smart-casual" clothing and sitting on a school-style bench.

Clickbait

'Wacko birds' is the latest ammunition of the twittersphere. John McCain called senators Rand Paul and Ted Cruz as well as Rep. Justin Amash 'wacko birds' over their anti-drone statement. "It's always the wacko birds ... that get the media megaphone."

@WackoBird

The bio reads, 'hatched from the minds of RINO's, perched over Washington D.C.,' and tweets gems like 'Hey, just wondering... where's that media megaphone I was promised?' Not to be confused with @WackoBirds — also a parody.

Angry Birds

User-generated artwork portrays Paul and McCain in a battle parodying the popular video game Angry Birds — with Paul's head superimposed onto a bird about to ambush a group of drones while McCain looks on in anger.



Twitter

@metropicks asked: Do you have a famous celebrity in the family?

@Big_D_Blution: Distant cousin to Hockey Great Bobby Orr

@lisambungay: J-Bru (Jason Bruce) babay

@SusanLougheed: my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@_unicorntears_ My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice

of Franklin the Turtle.

@Like42: Henry Ford (the car guy) great-grandfather's first cousin.

@GiovannaNicolai: Vittorio De Sica - Grandfather

@ole_dory_plug: My great uncle is Bobby Arvon, the singer of the 11th season of Happy Days in it's 11th season.

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DVD review



Life of Pi

Director: Ang Lee

Stars: Suraj Sharma, Irrfan Khan, Adil Hussain

With *Life of Pi*, Oscar-winning director Ang Lee has a simple goal. He wants us to accept as real a computer-generated Bengal tiger by the odd name of Richard Parker. The request is simple, the effect is extraordinary. Other things may seem in doubt in this delightful, rousing tale of a teen and a tiger on a Pacific Ocean adventure. Based on the Man Booker Prize-winning novel by Canada's Yann Martel, the film leaves its options open and hopes that our minds will be, too. You may or may not leave a viewing of *Life of Pi* with an enhanced appreciation of mankind's delicate relationship with animals and nature. Your belief (or disbelief) in an all-powerful deity may be confirmed or quashed. Your definition of "truth" may need revising. But the film's visual marvels are undeniable. Like the book, *Life of Pi* leaves us puzzling over what we've seen and heard. But never for a moment do we doubt the film's expressive storytelling, imagery and sense of wonder.

PETER HOWELL

Lara Croft's makeover

Tomb Raider. Reboot of classic video game franchise sees its heroine morph from bombshell to the tough girl next door

ROMINA MCGUINNESS
Metro World News in London

Indiana Jones with big boobs: That summed up the basic appeal of *Tomb Raider*, the best-selling video game franchise that launched in 1996. The reboot, out now, has a less-bustly Lara Croft. Why the change?

"What we start with, anytime you create a character, is their biography," Brian Horton, senior art director of *Tomb Raider* at Crystal Dynamics, tells Metro.

"We knew Lara was this kick butt hero, but we felt she'd become more of an icon and less of a human. People didn't have much affinity for her.

"So our challenge was to come up with a concept that was relatable but at the same time, felt iconic."

Survival is the main theme here, something that allowed the game developers to revisit Crofts' origin story.

"We made it so that she wasn't necessarily focused on being the sheltered aristocratic girl," says Horton.

"She's 21 and just out of university. She still has famous archaeologist parents but there was a point where she just stuck out on her own. Whatever comes at her, she's going to do what it takes to get through it."

Horton talks us through Lara Croft's makeover.



The new Lara Croft is more "humanized" with an athletic build. HANDOUT

How did the game developers go about handling Lara's makeover?

After we knew who she was, we went through a series of drawings, about 60 in total. The first step was to humanize her. In terms of her proportions, she wasn't as much of a bombshell. We kept some of the signature

components: the ponytail, the brown eyes and the full M-shaped lips, but we made it much more realistic in its treatment.

Was it all based on these drawings? Or did you use a real life model?

We used one girl for her face and one for her body.

We wanted someone normal, not a pin up. We chose models that had body fat to them; that weren't super skinny. The body model is actually a stunt-woman with a really proportional, athletic physique.

At what point were you like: "We nailed it! We have the new Lara."

Once we have our concept and our model, it comes down to the way she performs in the world. When she's hurt, she'll clutch her side. When she's in a claustrophobic cage, she'll touch the walls. Adding Camilla Luddington (the British actress who did the voice and performance capture for the cinematics) to bring her to life was a huge part of the equation. That's where the believability came in. And even though she wasn't the model that inspired the look of it, when you look at Lara Croft on screen, there's a lot of Camilla in her.

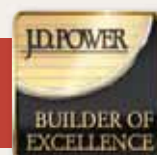
The "old" Lara Croft is famous for her bust. The same can't be said of this version. What did you take her bra size down to?

I don't even know. It's not something I even think about. Before, there was so much emphasis on what her bra size was ... We never understood the fascination.

Fans will have noticed she's no longer wearing hot pants...

We wanted it to feel as practical as possible. Her clothes are much more down to earth: cargo pants, adventure boots and a dual tank top. It still feels like her. Just without the shorts, of course.

2
SCENE



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What is going on at *The View*?

THE WORD

scene@metronews.ca
Meredith Engel

Readers, important question: do any of you even watch *The View*? Maybe I'm mistaking this squawk-fest of an hour with *The Chew*, or maybe even *The Talk*.

Regardless, I must say I was a teensy bit surprised when Joy Behar announced her resignation from the ABC morning show last week — homegirl's been there since the beginning. And then, like your little sister who just couldn't



stand it when you got all the attention, Elisabeth Hassel-a-hack came out and

was like, "Oh yeah? Well I'm leaving too! Hmph!" In the corner, Joy Behar cried out "No fair!" to no one in particular. But it was too late. Our interest had been piqued. No longer was this a story about replacing Behar, a middle-aged woman whose voice reminds me of Gilbert Gottfried on a good day. No, now, it's about beautiful, blonde, conservative Elisabeth, too. Marsha, Marsha, Marsha!

So who should fill each lady's seat at the table? For Elisabeth, I nominate Ann Coulter: a healthy dose of conservative energy draped in a long blonde wig. For Behar, how about a cockatoo? Would probably be just as entertaining, and the hairstylist would still get to keep his job.

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Dillon Casey knows all about physical roles. The Oakville, Ont., native plays Navy SEAL Sean Pierce on the TV series *Nikita*.

He also played rookie hockey player Trevor Lamonde in the CBC show *MVP* and recently filmed a mixed martial arts movie called *Only I*. But he's perhaps best known for playing Erica's first boyfriend, Ryan, on the CBC series *Being Erica*. Metro asked Casey to give us a look into his workout routine. **METRO**

Get ripped like a Navy SEAL

I play a Navy SEAL on *Nikita* and these guys are all about functionality. The muscular Schwarzenegger types could never make it through the training I do — it's just too much wasted energy for your body to fuel all that extra weight.

These exercises will give you a useful body. You'll be a workhorse with great muscular endurance and explosive power.

Limit your rest periods — I like to do each exercise for a minute, with maybe a 15-second break in between. You probably won't be able to do that right away, but it's a good goal to have in mind.

Also, listen to your body. This type of workout can lead to overtraining, so if you're feeling lethargic for two or three days in a row, switch it up. Give your heart a break: this is a good time to grab the heavy weights and surprise your body with some "classical" weight training.

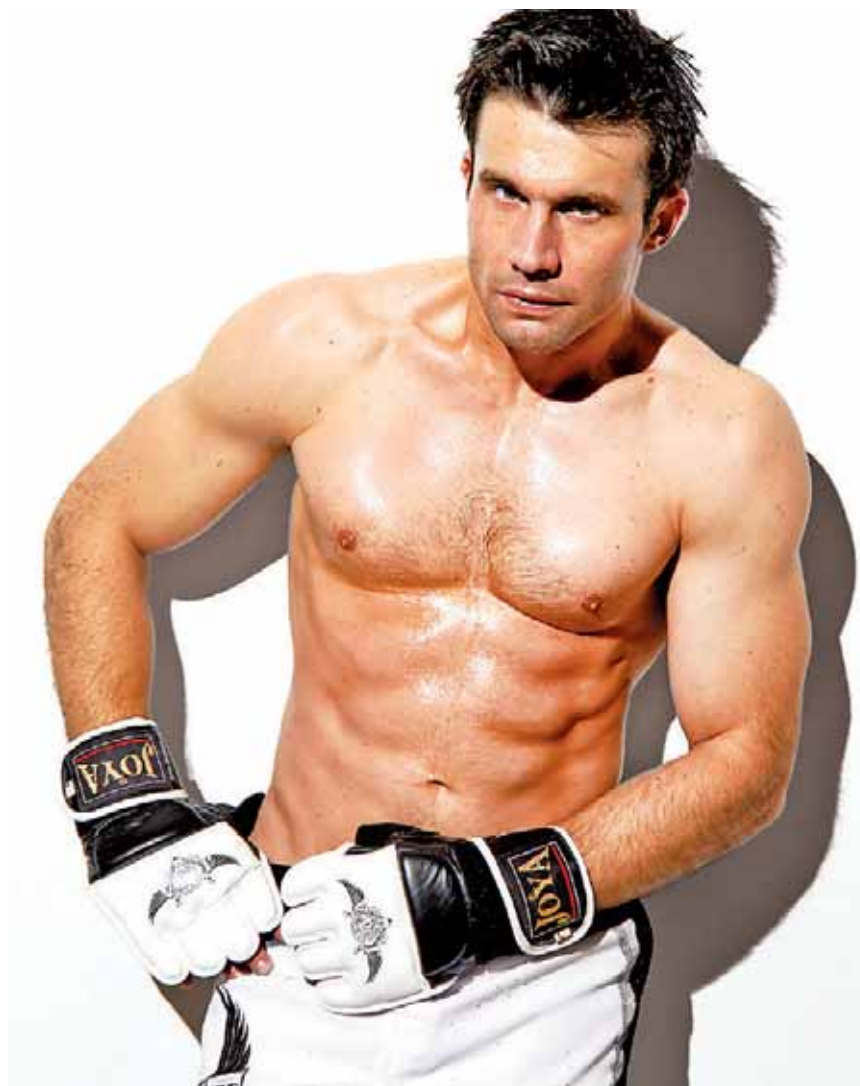
Keep changing it up. Keep your body guessing. Keep it interesting and you'll keep coming back for more.

Bodybuilders

Grab a set of dumbbells and, holding onto them, position yourself at the top of a push-up. Do a full push-up, then kick your feet to your hands. Stand straight up, keeping your back straight and lifting with your legs. You'll be in the perfect position to do a curl, so do one. Then press the weights up so your palms are facing forward and the inside of the dumbbells are in line with the tops of your shoulders. Keeping your weight on your heels, do a full squat. At the top of the squat do a military press (pushing the weights over your head and lowering them back down). Then lower the weights back down until they're on the ground and kick your legs back behind you until you're at the top of a push-up.

Mountain climbers

Again you start at the top of a push-up. Keeping your hands on the ground, bring your right leg forward so you look like a sprinter about to start a race. Switch your left leg with



Actor Dillon Casey stays in shape with these five exercises. DAVID LEYES / CONTRIBUTED

your right — do it as fast as you can for a minute (you'll look like you're basically running on the spot with your hands on the ground). This exercise is great cardio and it blasts your calves, shoulders and triceps. And it's a killer ab workout.

Dumbbell punches

This one sounds easy, but it'll kill you. Grab a set of dumbbells. Stand with your feet a bit wider than shoulder width (or into a comfortable fighting position, like a boxer). Lean back slightly, get your hands into boxer-ready position and start punching up at 45 degrees. Do it for a

minute. If you need to stop (\$20 says you will), instead of resting quickly grab lighter weights and keep going. This is good for the heart and will rip your shoulders. And if you ever need to punch somebody in the face, your arms will feel like sledgehammers. Do it for a minute, no rest. Next!

Lunge with a twist

Grab a medicine ball. Lunge with your right leg. Keep your back straight and twist to the right. Back to starting position. Lunge again with your right leg and twist to the left. Repeat with the left leg. As a plyometric variation, start in a lunge position, right

leg forward, body twisted to the right, quickly jump and switch your feet, twisting in the process. Try to do it for a minute. If you can't finish, lose the medicine ball and keep going. Guys, this will give you a hockey player's ass and cut-up quads (ladies, this one will give you those perfect sexy summer legs that I like). It's also a great calorie burner. I love this one since it keeps me quick on my toes and gives me strong, responsive legs and feet for my fighting and action scenes.

Inverted rows

Can't forget the back. It's not all about "mirror muscles"

Switch it up

Beating boredom

My workouts have become all about maintaining interest. After hitting the gym for 14 years straight it starts to get old. I can't really do the same workout for more than a month now without getting bored, so I've learned to adapt and change it as I go.

I start with 30 to 45 minutes of cardio, but try to keep my body guessing with different variations. I'll sometimes do an HIIT workout on the treadmill with some interval training — the issue here is making sure I give myself enough time to recover.

With these intense cardio workouts, you have to be careful or you'll fall into overtraining without even realizing it. It's all about listening to your body and setting aside your ego and compulsion to hit the gym for just "one more quick workout." Rest is good!

After cardio I'll do a five-minute ab circuit. I've been setting up a "round timer" on my iPhone. I'll do five different ab exercises at a minute each with little rest in between (10 seconds max): bicycle crunches, flutter kicks, scissor kicks, the ab roller and drop elbows (look this one up — it's a grind).

— you're not strong if you don't have a strong back. So grab some dumbbells, bend your knees slightly and lean forward, keeping your back straight and the weights hanging naturally out in front of you. Pull the weights back as far as you can — you should feel like you're pinching your shoulder blades together. Hold for a second, then slowly lower back down. This will work most of your upper back. Secondary muscles at work are your biceps and shoulders. Do it for a minute. Careful to keep your knees bent throughout so you don't put too much stress on your lower back.

3
TIPS

Commuting doesn't have to be a pain in your neck

Sprain-strain injuries. Small aches and pains can have big consequences. Here's how to stay healthy on your way to work

MEREDITH
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If you're on the train or bus right now, try this self-check: Are you bending your neck to read this? Are you fidgeting from one foot to the other? Is there a gym bag or heavy purse on your shoulder? If so, those little aches and pains you've been complaining about might be related to how you get yourself to and from work each day.

"I hear this all the time with patients," says Dr. Louis Peterson, a chiropractic physician in

New York City. "They'll come in (saying), 'Oh, my neck's sore.' Those little things start to add up on the commute."

And they can add up to long-term consequences, he says. "What you end up (getting is) a sprain-strain injury, where your neck actually gets strained. The muscle fibres start to get slight tears in them. Most people just aren't aware."

We asked Peterson to explain how we should be travelling to and from work.

Try to stay awake

Anyone looking for some extra zzz's shouldn't find them on the subway. "When (commuters) fall asleep with their neck stuck to one side, eventually problems (develop)," Peterson says. "The neck gets strained." The fix: "Have your neck up and supported."

Make it a balancing act

"If you're standing and holding on, you should try to

distribute your weight. You shouldn't be on one foot or the other," Peterson says. And don't get distracted. Using your phone or trying to read will make your head point downward, which you're trying to avoid.

Hold your book (or your Nook, or your Metro!) up

"When you're commuting, you're spending a lot of time reading and your head is face-down. That causes issues with the neck, and that's always problematic." So hold reading material up.

Hold your bags or purses correctly

"Backpacks are the acceptable bags, not having a single bag trying to balance on the shoulders," Peterson says. If you have a purse, hold it in your hand, not on your shoulder, because the shoulder is where problems develop. Indeed, if you rest a bag there,

Walk this way

Sorry ladies, but you really should go for the suit-with-sneakers look.

- "You can put your heels on at work," says Peterson. "When commuting, you should try to stay away from (wearing heels). It puts an enormous amount of pressure in your lower back."

your shoulder can "get tilted one way or the other," he says. "You tend to yank that shoulder up higher, and after a while your neck cricks up."

Stretch

It's not just for athletes. "If you have some pains, try simple stretches for the neck or the low back," Peterson advises. "If it hurts, (use) ice. If you're really dire, give me a call."



Distribute your weight evenly when standing on the train or bus to avoid putting unnecessary strain on your back, neck and shoulders. ISTOCK IMAGES

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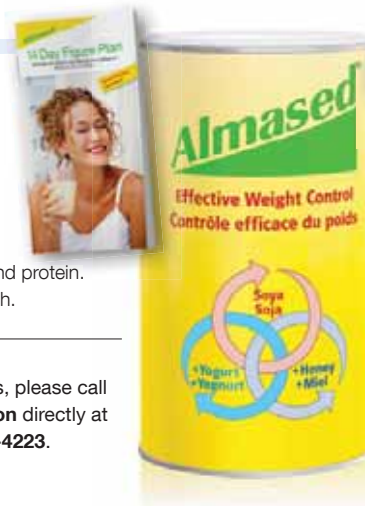
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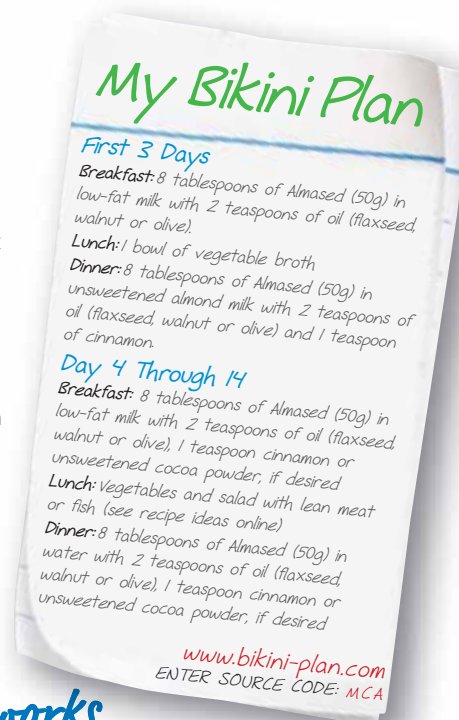
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Looking for romantic bliss? E-dating coaches say they can help. ISTOCK

The course of true love never did run smooth, but would an e-coach help?

Calling in the pros.

Internet dating consultant likens his service to that of a personal trainer

NATALIE SHURE

Metro World News in NYC

Online dating is a reality of the love game, whether you're just looking around or on a serious quest for a lifelong partner.

Sites like OkCupid, Match.com and eHarmony try to make finding someone simple, but they can be disappointing and frustrating.

Now, one solution to the e-dating conundrum is gaining traction — consultants. These pros help clients strategize and punch up their profiles to stand out in the competitive world of digitalized courtship.

"Most people are not very good at online dating," says Evan Marc Katz, dating coach and founder of the e-dating consulting service eCyrano.

Smoke and mirrors

"Online dating gives people the illusion of choice, not actual choice"

Evan Marc Katz, founder of e-dating consulting service eCyrano

"It's like the gym. You don't lose weight by signing up for the gym. That's why people hire personal trainers — to show them how to use the equipment."

eCyrano rewrites clients' profiles based on a lengthy questionnaire and detailed phone call.

Katz, who dated online for 10 years before meeting his wife offline at a party, says his team of freelance writers promise profiles that are more authentic than what most users write for themselves.

He contends that the majority of online-dating fumbles involve unrealistic expectations.

"Online dating gives people the illusion of choice, not actual choice."

It might seem shallow but ...

- Companies like New York Image Consultant offer services that include hairstyling and makeup for photos in a range of outfits and poses, plus Photoshop-ping.
- Consultant Amanda Sanders puts it bluntly: "The reality is, they choose your picture over someone else's because it captures their eye. The text isn't as important as the visual aspect."
- Sanders works with clients who travel to New York for her firm's services. Like Katz, Sanders asserts that her business vastly improves a client's chances.
- As always, though, the face to face date is up to you.

Five tax myths that can cost you time, trouble and money

Not true! Falling for these five financial fallacies can get you into quite the pickle



YOUR MONEY
Alison Griffiths
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For the past few years H&R Block has been puncturing tax myths gleaned from their free online Q&A service.

It's one of my favourite topics at this time of year. The persistence of these myths is downright amazing.

If you believe them they'll cost you time, trouble and money. Here are some of the most common:

1. Maternity leave and EI

By the numbers

\$1,500

Average amount of extra taxes restaurant workers in St. Catharines were required to pay after they were targeted by Revenue Canada

income is not taxable.

Income is income and the government always wants its pound of flesh!

Be warned, in both cases; Service Canada withholds at less than the lowest marginal tax rate.

Depending on tax credits, you may have tax owing at the end of the year.

2. RRSP contributions don't have to be reported if the deduction isn't claimed.

Even if you aren't claiming a deduction for the contributions,

you are still required to record the fact that you made them.

"If you don't claim a deduction in the year it was made, you will have to file for a re-adjustment, which can be a pain," warns Cleo Hamel, senior tax analyst at H&R Block Canada.

3. Tips are not considered income.

This is an enduring tax myth.

Anyone earning tips in any industry is required to report the amount.

For servers, tips may be as much as 100 to 400 per cent of their income, depending on the restaurant.

"I recommend that those in the industry set aside 20 per cent of all their tips for tax purposes," notes Cleo Hamel.

In 2011 Revenue Canada targeted restaurant workers in St. Catharines, Ont.

The average additional tax

tab was \$1,500.

4. Students get refunds on their tuition.

In order to get a refund, you need to have overpaid tax during the year.

If a student does not have taxable income, they cannot use their tuition and education credits on their return.

Note: Students can transfer up to \$5,000 annually to a parent, grandparent or spouse or they can carry forward credits to use in future years.

However, tuition must be recorded on the return in the year it is paid.

5. Mothers are required to claim the child tax credit.

The lower income spouse, mother or father, must claim childcare expenses. Either parent can claim the child tax credit, the fitness or art credit or the child amount.

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Straight from the sea into your oven



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



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This Roasted Seafood over Linguini with Lemon Olive Oil tastes heavenly, presents beautifully and is quick to prepare. Feel free to substitute the seafood of your choice. Buy cleaned squid and use tentacles if desired. For some extra spice sprinkle with dried chili flakes. To boost your fibre, try whole grain pasta.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.
2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes, or until the mussels open. Remove from the oven and keep covered.
3. While seafood roasts, cook

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz dry linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce
- 1/3 cup chopped cilantro
- pinch salt and black pepper

linguini in boiling water until al dente, 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

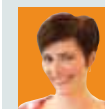
4. While the pasta cooks, spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pep-

per and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Cabbage patch cunnning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Gather round bunnies, Mr. McGregor is going to hate you more now that you will be nibbling on his cabbage patch. Cabbage is a cheap, long storing, plentiful and simple-to-prepare vegetable that is sadly under-used. It contains plenty of cancer fighting phytonutrients, fibre, vitamins and minerals and just a hint of calories.

• Honour the Irish this St. Patrick's Day by boiling some white chopped cabbage along with the potatoes before you mash. Colcannon is a traditional dish that has much more to offer than meets the eye.

• Make good use of sauerkraut that contains fermented cabbage. It is great with sausage, yes, but just as good used in a side dish of pancakes. Stir some sauerkraut into pancake mix and fry; serve with sour cream like blintzes.

• Pan fry a couple slices of bacon and add sliced cabbage to the pan. Stir to cook through and brown and serve as a vegetable side dish with grilled meats or fish.

Small heads of white cabbage work for any of these ideas, but don't forget that nappa cabbage and red cabbage have the same delicious benefits.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

NHL

Sens succumb to Bruins in shootout

David Krejci scored the shootout winner and had an assist in regulation as the Boston Bruins defeated the Ottawa Senators 3-2 on Monday night.

Tuukka Rask made 30 saves in regulation and stopped three of four Senators in the shootout, including a bizarre attempt from Kaspars Daugavins. The Ottawa forward carried the puck by pressing down with the tip of his stick before attempting a failed spinarama move in front of Rask. **THE CANADIAN PRESS**



The Bruins celebrate Daniel Paille's second-period goal on Monday in Ottawa. GETTY IMAGES

Soccer

Canada advances to Cyprus Cup final

Christine Sinclair scored the game's only goal and Canada advanced to the final of the 2013 Cyprus Women's Cup with a 1-0 win over the Netherlands on Monday.

Canada finished in top spot in Group B with a 3-0 record.

Sinclair scored her 145th career international goal in the 42nd minute.

Canada will now move on to face England.

THE CANADIAN PRESS



Flames bow down to Kings

Los Angeles Kings forward Dustin Brown scores a goal past Calgary Flames goaltender Joey MacDonald in Los Angeles on Monday night. The Kings won 3-1. **HARRY HOW/GETTY IMAGES**

Ravens send Boldin to Super Bowl rival 49ers

NFL. Star wide receiver sent to San Fran just five weeks after competing against team in world championship

Here's a Super Bowl twist: A guy who helped Baltimore beat San Francisco for the NFL title is now poised to join the 49ers.

San Francisco acquired wide receiver Anquan Boldin from the Ravens for a sixth-round draft pick Monday. Boldin, a star in Baltimore's run to the

world championship last season, must pass a physical to complete the deal.

The Ravens announced the trade Monday, prompting a disappointed response from quarterback Joe Flacco.

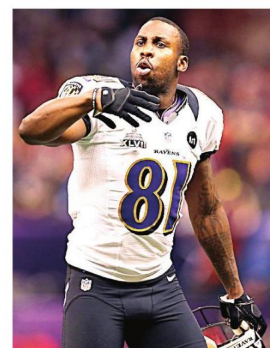
"Anquan was a great receiver for myself and for our football team," said Flacco, who signed a six-year, \$120.6-million US deal with the Ravens last week. "It's sad to see a guy like that go, but at the same time you want what's best for him and you just wish him the best of luck."

"Anquan was a big part of this football team, a big part

of this offence. He's one of the many reasons we won the Super Bowl this year."

Boldin had six catches for 104 yards and a touchdown in the Ravens' 34-31 Super Bowl victory over the 49ers. Boldin also had five receptions for 60 yards and two scores against New England in the AFC title game.

But he was due \$6 million in 2013, the final year of his contract. After Boldin and the Ravens failed to agree on a restructured deal, Baltimore worked out a deal with San Francisco rather than to simply cut him. **THE ASSOCIATED PRESS**



Anquan Boldin during the Super Bowl on Feb. 3 in New Orleans. GETTY IMAGES

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Making the Worlds go round

Canada's Patrick Chan practises his routine on Monday for the men's short program on Wednesday at the World Figure Skating Championships in London, Ont. PAUL CHIASSON/THE CANADIAN PRESS

Anyone's guess how much madness will be dished out

NCAA basketball.

Regular season not a strong indicator of what's to come during March tournament

College basketball fans with fond memories of the wild 2011 NCAA tournament may have forgotten this fact: A mostly tranquil regular season led up to it, with the four top seeds combining for just 13 losses.

Back in 2007, by contrast, the No. 1 seeds had 18 defeats among them. Then the tournament started, and the familiar upsets of March were almost nowhere to be found.

College basketball analyst Clark Kellogg would love to be calling three weeks full of stunners this year. But he knows it's hardly inevitable — despite a season when the top-ranked team never seemed safe.

"I've already told a number of people I hope it plays out the way it did during the regular season, but there are no guarantees," Kellogg said on Monday.

A chaotic season can turn into a tame tournament for many reasons.

Matchups are always part of the mystery. Some years, the top seeds find themselves up against a string of opponents they stack up favourably against. Other seasons, they run into a team in an early round whose strengths seem perfectly targeted for their weaknesses.

Kellogg sounded another note of caution about why the regular-season instability may not be a predictor of true March Madness: Tournament games are on neutral courts.

"Much of the tumult you see during the regular season happens in conference play on the home court of the underdog," he said.

THE ASSOCIATED PRESS



Gonzaga's Kevin Pangos drives to the hoop against St. Mary's on Jan. 10 in Spokane, Wash. Pangos's Bulldogs are currently ranked No. 1 with the NCAA March Madness tournament looming. THE ASSOCIATED PRESS FILE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	47	14	.770	—
New York	38	22	.633	8 1/2
Indiana	39	24	.619	9
Brooklyn	37	27	.578	11 1/2
Chicago	35	28	.556	13
Boston	34	28	.548	13 1/2
Atlanta	34	28	.548	13 1/2
Milwaukee	32	29	.525	15
Toronto	25	39	.391	23 1/2
Philadelphia	24	39	.381	24
Detroit	23	43	.348	26 1/2
Cleveland	21	42	.333	27
Washington	20	41	.328	27
Orlando	18	46	.281	30 1/2
Charlotte	13	50	.206	35

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	49	15	.766	—
Oklahoma City	47	17	.734	2
L.A. Clippers	45	20	.692	4 1/2
Memphis	42	19	.689	5 1/2
Denver	42	22	.656	7
Golden State	35	29	.547	14
Houston	34	30	.531	15
Utah	33	31	.516	16
L.A. Lakers	33	31	.516	16
Dallas	29	33	.468	19
Portland	29	33	.468	19
Minnesota	21	39	.350	26
Phoenix	22	41	.349	26 1/2
New Orleans	22	42	.344	27
Sacramento	22	43	.338	27 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results

Philadelphia 106 Brooklyn 97
San Antonio 105 Oklahoma City 93
Utah 103 Detroit 90
Denver at Phoenix
New York at Golden State

Sunday's results

Oklahoma City 91 Boston 79
L.A. Lakers 90 Chicago 81
Toronto 100 Cleveland 96
Miami 105 Indiana 91
Orlando 99 Philadelphia 91
Dallas 100 Minnesota 77
New Orleans 98 Portland 96
Milwaukee 115 Sacramento 113
L.A. Clippers 129 Detroit 97

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	18	8	0	97	76	36
New Jersey	26	12	9	5	65	75	29
NY Rangers	24	13	9	2	63	58	28
NY Islanders	26	11	12	3	77	88	25
Philadelphia	27	12	14	1	75	82	25

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	26	17	5	4	84	66	38
Boston	23	17	3	3	70	50	37
Toronto	26	15	10	1	79	70	31
Ottawa	26	13	8	5	61	54	31
Buffalo	26	9	14	3	67	83	21

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	24	14	9	1	75	69	29
Winnipeg	25	12	11	2	63	74	26
Washington	24	10	13	1	69	72	21
Tampa Bay	25	10	14	1	85	79	21
Florida	26	7	13	6	64	98	20

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

Boston 3 Ottawa 2 (SO)
Calgary at Los Angeles

Sunday's results

NY Rangers 4 Washington 1
Columbus 3 Detroit 2 (SO)
Montreal 5 Florida 2
New Jersey 3 Winnipeg 2 (SO)
Edmonton 6 Chicago 5
Pittsburgh 6 NY Islanders 1
Philadelphia 3 Buffalo 2
Colorado 3 San Jose 2 (OT)
Anaheim 4 St. Louis 2
Minnesota 4 Vancouver 2

Tuesday's games

All Times Eastern

NY Rangers at Buffalo, 7 p.m.
Vancouver at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Boston at Pittsburgh, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
Toronto at Winnipeg, 8 p.m.
San Jose at St. Louis, 8 p.m.
Anaheim at Minnesota, 8 p.m.
Nashville at Dallas, 8:30 p.m.
Edmonton at Colorado, 9 p.m.
Los Angeles at Phoenix, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	21	2	3	85	58	45
Detroit	26	12	9	5	68	66	29
St. Louis	25	13	10	2	76	77	28
Nashville	25	10	9	6	54	61	26
Columbus	26	10	12	4	61	72	24

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	24	13	9	2	58	59	28
Vancouver	24	11	7	6	66	67	28
Colorado	24	10	10	4	62	69	24
Edmonton	25	9	11	5	60	76	23
Calgary	23	9	10	4	63	79	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	24	18	3	3	85	62	39
Los Angeles	23	13	8	2	68	59	28
San Jose	24	11	7	6	56	57	28
Phoenix	25	12	10	3	72	72	27
Dallas	24	12	10	2	67	67	26

LACROSSE

NLL

Saturday's games

All Times Eastern

Toronto at Philadelphia, 1 p.m.
Edmonton at Rochester, 7:30 p.m.
Washington at Minnesota, 8 p.m.
Buffalo at Colorado, 9 p.m.

SOCCER

MLS

Saturday's games

All Times Eastern

D.C. United at New York, 12:30 p.m.
Chicago at Kansas City, 3 p.m.
Toronto at Montreal, 4 p.m.
New England at Philadelphia, 5 p.m.
San Jose at Columbus, 5:30 p.m.
Colorado at Real Salt Lake, 6 p.m.
Portland at Seattle, 8 p.m.

Sunday's games

Houston at Dallas, 1 p.m.
Chivas USA at Los Angeles, 5 p.m.

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metro



Horoscopes

Aries

March 21 - April 20

Do something out of the ordinary today, something shocking. With Mars, your ruling planet, moving into your birth sign you don't care who you astonish. You only care that you get noticed.

Taurus

April 21 - May 21

Honesty may not always be the best policy, as you will discover today. If someone asks what you think of something you will tell them, only to find they did not want the truth, they wanted flattery.

Gemini

May 22 - June 21

You need to follow up on an idea. If you don't, you could find that someone else has beaten you to it and you won't be happy. Don't worry that it's not perfect yet, just start.

Cancer

June 22 - July 23

Someone you may not have been on good terms with lately will offer you good advice. Don't be too proud to take it. There is no point in trying to force through changes that are not going to work.

Leo

July 24 - Aug. 23

Whatever you say and whatever you do over the next 24 hours, you must act on the assumption that you are being watched by people in positions of power. Make sure you put on your best front.

Virgo

Aug. 24 - Sept. 23

Social activities will bring a lot of pleasure today and if you don't make any new friends it can only be because your old friends refuse to share you with the rest of the world. It's nice to be popular.

Libra

Sept. 24 - Oct. 23

Just because you can't see the path you should be taking does not mean you should give up. Trust your instincts and let them guide you. They are linked to a higher power that knows what you need.

Scorpio

Oct. 24 - Nov. 22

Try to be constructive in your criticism, even though you may have to look hard to find something positive to say about a colleague who has done something silly.

Sagittarius

Nov. 23 - Dec. 21

You may be eager to get started on something that has fired your imagination but make sure you've done your homework before you commit yourself. It won't only cost you time but money as well.

Capricorn

Dec. 22 - Jan. 20

Don't make too many plans. Conditions are changing fast and you will need to stay flexible if you are going to make the most of approaching upheavals. You have everything to look forward to.

Aquarius

Jan. 21 - Feb. 19

You may have to push yourself to complete certain tasks but it will be an effort worth making. People in positions of authority will be impressed by your sense of duty.

Pisces

Feb. 20 - March 20

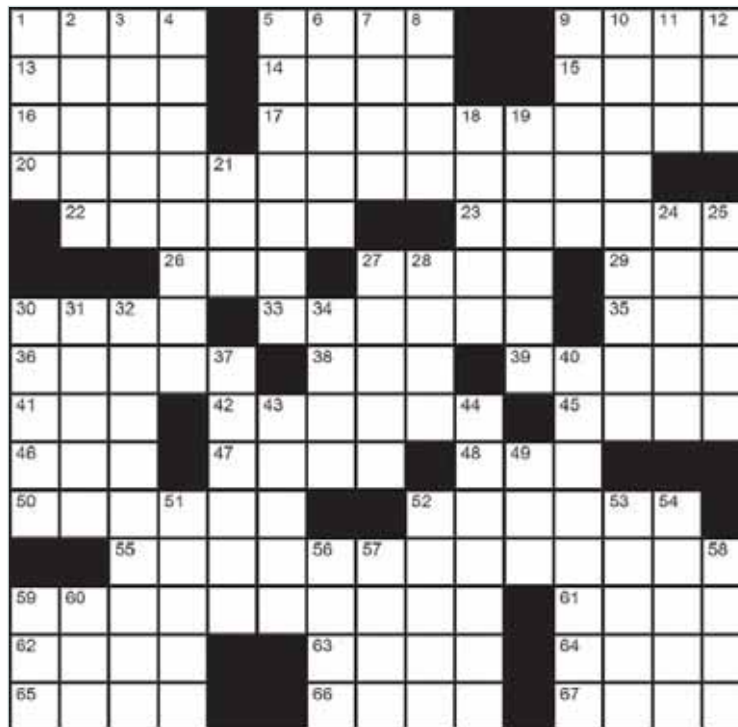
If you desire something strongly enough you will find a way to get it, though it may not arrive in quite the way you intended! Be flexible and be ready to receive what the universe wants to give you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Hoodwink
- Taxis
- Bit of Beatles: "I ___ film today, oh boy..."
- Walk worriedly
- One of Esau's biblical wives
- "South Park" co-creator Mr. Parker
- Celebes buffalo
- Singer/songwriter Alanis
- "Girl With a Problem" band from Saskatoon, The ___
- Prevail
- ___ Beach, South Carolina
- 'Angel' add-on (Brad's love)
- Take a seat tiredly, ___ down
- 'Event' suffix
- "Smooth Operator" singer
- Sacred place
- Turkey
- Some speeds
- '___' for Ottawa
- Church topper
- Ms. Zellweger, for short
- ___ garage
- Bellowing
- "Was that ___?"
- Drove
- Prefix with 'dermis'
- Guard
- Buy
- PEI to New Brunswick link, ___ Bridge
- Acadian heroine in Longfellow's epic poem



- Corn lily
- Balmy
- Fewer
- Naughts
- Christian of 'Batman' movies
- Commotions
- Liza Minnelli's ex-husband DavidT

Down

- Traverse
- Adventurer's watercraft
- Squirrel's prize
- Non-vegan fare: 2 wds.
- Picture takers
- Love lots
- Farm building
- Transport
- Ranch animal

- Creator's cocoon: 2 wds.
- Soaked
- Sailor's 'yes'
- Mr. Cowell
- Communicates via the Internet this way
- Attila the ___
- Sweets shop, ___ Second
- Respected person

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 5°
MIN: -8°

WEDNESDAY



MAX: 12°
MIN: 3°

THURSDAY



MAX: -7°
MIN: -8°

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